



Fibregenix™

HOW TO PROTECT YOUR HORSE'S JOINTS

5 essential healthy joint tips for every horse.

1

Supplement with a premium joint supplement..



When it comes to your horse's joints, wear and tear on horse's joints is inevitable through competing, riding out, training and even paddock turnout. Changing ground conditions from hard to soft can cause soft tissue injuries such as strains; additionally, degenerative and inflammatory joint issues such as arthritis are common in older horses but can occur at any age.

Premium joint supplements will supply essential nutrients to provide the building blocks for healthy cartilage, maintain synovial fluid viscosity and have anti-inflammatory properties. The best will also provide added bone health ingredients. Try **Fibregenix Liquid Joint & Bone RLF**

2

Train on Good Surfaces...



Excessive activity on hard ground can lead to a number of joint and lower limb problems. The horse's hoof is designed to absorb concussive forces of training, but if these forces exceed that which can be absorbed they will pass up to the leg. This is why good grounding is important to reduce these forces.

You can't always control the ground your horse competes on, but you can choose the surface you train on.

When it comes to trail riding and gallop work, always stick to areas and surfaces with good quality grounding.

3

Protective boots

Exercise boots should be worn at all times when riding your horse. Exercise boots help to protect your horse's legs, particularly over fences and any sport involving sharp sudden tight turns. There are so many types these days so check the ones you use are suitable for your discipline.



4

Effective warm up & cool down methods



It's important to warm up and cool down your horse every time you ride to help increase the blood flow into his muscles and prevent injury. An effective warm-up and cool-down will take between 10-15 minutes and will gradually warm up your horse's muscles before, or cool them down after, training or competition.

5

Correct Shoeing

All horses including competition horses should be trimmed and/or every 5-6 weeks shod to ensure they maintain even, balanced hooves at the correct length. Uneven or unbalanced hooves that have grown too long put excess stress on your horse's joints and can cause premature joint problems.

Investing in a good quality farrier is an expense which will pay off in the future.



Thought for the Day... on hooves...
Since it takes 9 to 12 months for the hoof to grow down from the coronary band to the ground, what you are riding on, or nailing a shoe to today, is the product of what you fed 9 to 12 months ago!

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